



The Senior Informer

Volume 12

Issue 5

MAY 2015

**ABINGTON COUNCIL
ON AGING**
441 Summer Street, Abington, MA 02351
781-982-2145

Website:
WCOABINGTONMA.GOV
Suzanne Djusberg, Director
COADirector@Abingtonma.gov
Hours: 9AM to 2PM Mon. thru Thur.,
9AM to 1PM Fri.

Council on Aging Board of Directors

Nancy Cavanagh, Chairwoman
Jack Libby, Vice-Chair
Maureen Wall, Secretary
Marie Brown
Karen DiLorenzo
Elizabeth Keefe
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Larry Keough
Lurane Ryerson
Betty Slinger
Ann Welch
George Whiting,
Chairman Emeritus

**SAVE THE DATE!
TOWN MEETINGS
Special & Annual
June 8, 7:00 & 7:30 pm**

**Sen. Keating, May 15, 10am
Free Concert, May 12, 12:30pm
(see info on pg. 6)**

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce
Chair Yoga w/Joanne
Chess
Computer Classes
Cribbage
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Line Dancing, Mah Jongg
Quilting Class
Senior Lunches
Tai Chi, Zumba

COUNCIL ON AGING STAFF

Suzanne Djusberg - Director
Karen Butler -
Nutrition Coordinator
Amy Barrett -
Outreach Coordinator
Jean Connell -
Transportation Coordinator
John Freese - Custodian
Jack Brown, David LaCouture,
Jack Libby -Van Drivers

MEMORIAL DAY OBSERVANCE

May 25 – 9 AM at WWII National Memorial, Washington, D.C.

ABINGTON'S MEMORIAL DAY CEREMONIES

The members of the American Legion, the Abington VFW, and their Auxiliaries commit themselves to the perpetuation of this traditional observance, including the providing of POW/MIA and American flags for town buildings and 1000 grave flags.



Ceremonies start at: 7:30AM—Laidler Field; 7:45AM—Fitts Memorial, 8:00AM—W. Abington Cemetery, 8:45AM Island Grove Memorial Arch. **Parade start:** 10:00AM Ralph Hamlin Lane to War Memorial on Washington St., and proceed north to Adams St., Pearl St., and into Mt. Vernon Cemetery for services at the Veterans' Lot and G.A.R. Mound.



ABINGTON'S TREASURE—ISLAND GROVE

As the work to restore the Memorial Arch and the Abolitionist Stone at Island Grove is wrapping up (the restoration of the bronze work will commence in early May), the Town is planning an unveiling ceremony and a weekend of festivities for Flag Day

Weekend, June 13th and 14th, at the Grove. Here's the schedule that we're working on:

Friday, June 12th—The Civil War encampment living history re-enactors will assemble at the Grove as they did during the Tricentennial Celebrations of 2012. We may have an even bigger camping group this time as word has gotten around about what a great time it was in 2012, and this is a "not to be missed" event for all of us.

Saturday, June 13th – Encampment Activities all day. We'll unveil the restored monuments at 2:00 PM at the Abolitionist Stone on the point; Dr. Donald Yacovone will be the featured speaker, various dignitaries will offer their greetings, and the Abington Town Choir will sing. In the evening there will be a campfire/candle light tour of the encampment, and the Memorial Bridge will be illuminated by luminaria and draped in bunting. There will be a "History Booth" set up for information on Saturday and Sunday afternoons and you'll be able to sign up there to join the Historical Society of Old Abington.

Sunday, June 14th – The Civil War Living History re-enactors will break camp, and there will be a town-wide family picnic poolside and at the point in the Grove with various games and attractions.

The Abington Lions will be selling hotdogs and strawberry shortcake, and we're working to organize a concert or two or three. This should be a great way to kick off the summer of 2015 and celebrate Abington's History! **SAVE THE DATE !**

—Doug Ulwick

The best thing about the future is that it comes only one day at a time. —Abraham Lincoln



BOOK RECOMMENDATION

The Traitor's Wife by Allison Pataki.

The story of Philadelphia socialite Peggy Shippen whose ambition and greed led to her marriage to the much older Benedict Arnold, the hanging of her former lover, British spy Major John Andre, and the act of treason by Arnold who escaped to England and whose name became forever synonymous with treachery.



Lincoln's Last Days--The Shocking Assassination That Changed America Forever by Bill O'Reilly and Dwight Jon Zimmerman. This is a story of courage, cowardice, and betrayal. In the Spring of 1865, in the midst of celebrations held after the Union won the bloody Civil War, President Abraham Lincoln was assassinated by a famous actor named John Wilkes Booth, at Ford's Theater in Washington D.C. What followed was an exhausting "cat and mouse" chase, that ended with a fiery shoot-out and swift justice for the perpetrators. With an unforgettable cast of characters, page-turning action, vivid detail, and art on every spread, *Lincoln's Last Days* is history that reads like a thriller. A good read!

"This thrillerlike adaptation captures the excitement of the Union victory in the Civil War and the shock and horror that quickly followed as the country learned of Lincoln's death and sought revenge on his assassins."

—*School Library Journal*

FIRST LADIES OF THE UNITED STATES

Eleanor Roosevelt was an American politician, diplomat and activist. She was the longest-serving First Lady of the United States (serving from March 1933 to April 1945) during her husband President Franklin D. Roosevelt's 4 terms in

office. Born Anna Eleanor Roosevelt in 1884, she married her 5th cousin once removed, Franklin Delano Roosevelt in 1905; they raised 5 children.

The Roosevelt's marriage was complicated (although successful) from the beginning by Franklin's controlling mother, Sara. After discovering Franklin's affair with Lucy Mercer in 1918, Eleanor was determined and sought fulfillment in a public life of her own. She persuaded Franklin to stay in politics following his partial paralysis from polio. Eleanor began to give speeches and then campaigned in his place. She shaped the role of First Lady during her tenure and beyond. She was a passionate advocate for the rights of women, racial and ethnic minorities, and for the poor.

Eleanor was a controversial First Lady for her outspokenness and was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. On a few occasions, she publicly disagreed with her husband's policies.

Following her husband's death, she remained active in politics the rest of her life. She was appointed a delegate to the newly formed United Nations. By the time of her death (1962), she was regarded as "one of the most esteemed women in the world."

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of May for the June 2015 issue).

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the 1st and 3rd Mondays of every month, 9:00 to 12:00 Noon. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.* Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

SENIOR TRANSPORTATION—CALL 781-982-2145

(24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

Senior Lunches: Tuesdays 11:30—cost \$4.00. Thursday 11:30—suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

POETRY CORNER**PEDIGREE**

The pedigree of honey
Does not concern the bee;
A clover, any time, to him
Is aristocracy. —Emily Dickinson

**THE MOUNTAINS
GROW UNNOTICED**

The mountains grow unnoticed,
Their purple figures rise
Without attempt, exhaustion,
Assistance or applause.
In their eternal faces
The sun with broad delight
Looks long—and last—and golden,
For fellowship at night.

—Emily Dickinson

COURTESY COACH—SOUTH SHORE HOSPITAL

The SSH *Courtesy Coach* provides transportation to patients who need a ride to an appointment at South Shore Hospital or to a program or service directly affiliated with South Shore Hospital. The Coach does not transport patients to physicians offices. Pick ups start at 8 a.m. and return no later than 3 p.m. Two weeks notice is required. For more information, please contact South Shore Hospital Courtesy Coach at 781-624-4350.

FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

JUNE 2015 will start a new/ renewal membership year with dues of \$7.00 payable and good until JUNE 2016.

Please make checks payable to:

"Friends of Abington Seniors, Inc."

and mail to P.O. Box 2035, Abington, MA 02351.

Many thanks to families selecting "Friends of Abington Seniors" for memorial gifts.

Friends of Abington Seniors Membership for 2015-2016: \$7.00 per person or \$100 for lifetime membership.

Please send donations to this address: P.O. Box 2035, Abington, MA 02351

Name _____

Address _____

In Memory Of _____

Send Acknowledgement to _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need?

Suggest a donation in your name to the Friends of Abington Seniors, Inc.

Memberships: Carol Mannion Phyllis Powers David Pearson Joseph & Cheryl D'Antonio

Donations: Theresa A. Campana Louise MacKenzie

In Memory of: Edward J. Kiernan by Muriel Kiernan

Charles & Barbara Whitman by Lorraine Mooney

Edward Coughlin by Natalie Walker

Arthur Walker by Natalie Walker

Marion Williamson Hammond by Sue Norton

George Roberts by Marge Roberts

Robert Williamson by Sue Norton

CHAIR YOGA

Chair Yoga—Thursday mornings 10:00-11:00A.M. New to Chair Yoga? Come and try a complimentary class. *Joanne* will gently guide you through safe movement with breath while seated in your chair. Open to all—no experience needed. Cost \$5, pay as-you-go.

Questions? Call Joanne @ 508-208-9963.

NOTICE OF TOWN MEETINGS

A Special Town Meeting will be held on Monday, June 8, at 7:00 p. m. at the Abington High School gym. The Annual Town Meeting was voted by Selectmen (through provisions of G.L.c.39, s9) to be delayed to Monday, June 8 at 7.30 p. m. at AHS gym. *Two birds with one stone!* The warrants for the meetings and related Finance Committee recommendations may be viewed at the Town Clerk's office or on the Town's website at **www.AbingtonMa.Gov** not later than 10 days prior to the date of the meetings.

THANK YOU

A very special thank you to **Colony Care Center** in Abington for providing a Hula dance demonstration for us at the Senior Center on Thursday, March 26. A lovely hula dancer entertained the group and a fun-filled time was had by all.

Belated Valentine's Day Brunch.—A note of appreciation to the **Friends of Abington Seniors** for making this wonderful brunch happen. The original luncheon scheduled for February had to be cancelled due to a snowstorm, too many of which we had this year. It didn't matter that this Valentine's Day meal was held on April 14th, in fact it made it even more special, with everyone attired in their favorite red or pink duds. Perhaps next year we'll be luckier and can actually hold this event in February!

VE DAY EVENTS

Victory in Europe (VE) Day – 70th Anniversary, May 8 at 10:30 AM – Commemoration at the World War II National Memorial will coincide with one of the most diverse arrays of WWII aircraft ever assembled. A vast assortment of WWII aircraft in fifteen flying formations will fill the skies over Washington, D.C. Flying in historically sequenced war bird formations and representing the War's major battles from Pearl Harbor through the final assault on Japan, it concludes with a missing man formation to "Taps." The event will also be commemorated in a special May issue of *Air & Space Magazine*.

ABINGTON COMMUNITY GARDENS

This spring there will be about 40 plots available for gardening use by Abington residents. The smallest plot will be about 10' x 10'. Application and waiver forms are available at **AbingtonMA.gov** or **AbingtonSage.com**. There is a \$25 deposit, returnable at the end of the season after cleanup is completed. There will be an informational/sign up meeting on May 5 at the Town Hall. Bill Davis will once again contribute his services for the plowing, so pull out your old clothes and your gardening tools, and dig in! This is your opportunity to grow your own fresh vegetables, herbs, or flowers.



OUTREACH—MAY 2015

Grief is so very complicated. While some people process feelings of loss through talking and verbal sharing, others prefer to express grief through art. Gardening can be a therapeutic process for older adults who have lost a spouse or close friend or for caregivers who have lost a parent or relative. Not only does it offer a variety of wonderful health benefits ranging from weight loss to physical endurance, but gardening also provides an outlet for stress and other emotions.

Memory Gardens or Memorial Gardens are a beautiful way of honoring and remembering your lost loved ones. These gardens provide a living, dynamic tribute to the person who has passed and provides a very special place where those left behind can go to grieve and heal. The most wonderful part of the Memory Garden is the personalization: the garden can be filled with special objects, flowers or plantings that help to capture the spirit of the loved one.

When my Mum died, I found a big soft rock at the beach, which happened to be one of her favorite places. (I can still smell her Bain De Soliel). I brought it home and painted a big heart on it and put it in my favorite perennial garden in my back yard. I think about her when I see it and I flood with sweet memories.

Here are a few steps to starting your own Memory Garden:

Step 1. Select a location. You want to pick a spot outdoors that is accessible. Choose a spot that is private or that has special meaning. As always with any gardening, you want to choose a spot that meets the sunlight and shade requirements of anything you are planning on planting.

Step 2. Choose plants, flowers or trees. What was this person's favorite flower? What seasons were this person particularly fond of? The key to the Memory Garden is to embody the personality of the person who is gone, so consider favorite colors and smells or plants that had special meaning. My Mum loved Peace Roses so they are part of my special garden.

Step 3. Pick a memory stone, statue or other remembrance object to include. You may want to include a plaque with a special quote or poem that may add significance to the outdoor space. I added a humming bird feeder to my garden as my Mum spent hours watching her humming birds out the big back window of her and my Dad's house.

Step 4. Make it private and comfortable. Grieving is a profoundly personal experience, there are no right or wrong feelings, no right or wrong ways to grieve, and those involved in the various phases of grief are entitled to do so in complete peace. If you wish to add a small fence or trellis around your garden for privacy, do that. You could place a bench nearby for visitors if you choose.

This is a beautiful way for you to express your feelings freely and surround yourself with loving and peaceful memories.

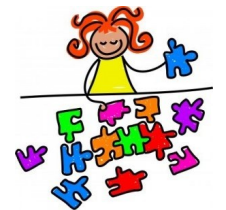
Memories are our greatest treasure and enjoying them in an environment of love and contentment a blessing.

Take good care and all of my very best to you. —Amy Barrett

MAY PUZZLE

Russell Carter lives on a remote ranch in the Australian outback with his dog, Spot. Several times a week he sets off with Spot for a long walk. This morning he is walking at a steady 4mph, and when they are 10 miles from home he turns to go home and, retracing his steps, lets Spot off the lead. Spot immediately runs homeward at 9mph. When Spot reaches the ranch, he turns around and runs back to Russell who is continuing at his steady 4mph. On reaching Russell, Spot turns back for the ranch, maintaining his 9mph. This is repeated until Russell arrives back at the ranch and lets Spot in. At all times, Russell and Spot maintain their respective speeds of 4mph and 9mph. How many miles does Spot cover from being let off the lead to being let into the ranch?

See answer on page 8.



ABINGTON GARDEN CLUB PLANT SALE

On Saturday, May 16th, the Abington Garden Club will be holding their annual plant sale at the Butterfly Park on Central Street. This is an opportunity to find plants for your garden, your house, and for Memorial Day decorations. Baked goods will be available for purchase, and there will be a raffle of selected plant items.

Hours: 10AM – 2 PM.



MAY NOTABLE EVENTS

May 1, 1873 First U.S. postcard issued

May 2, 1885 *Good Housekeeping* first published in Holyoke, Mass.

May 4, 1970 Four student anti-war protesters killed at Kent State University by Ohio National Guardsmen.

May 6, 1937 The airship *Hindenburg* burst into flames at 7:20 PM at Lakehurst, N.J. Thirty-six of the 97 passengers and crew were killed.

May 11, 1947 B.F. Goodrich Co. developed the tubeless tire.

May 14, 1798 Smallpox vaccine was developed by Dr. Edward Jenner in rural England. He coined the term vaccination for the new procedure of injecting a milder form of the disease into healthy persons, resulting in immunity.

May 26, 1886 (d. 1950) Actor/singer Al Jolson was born in St. Petersburg, Russia. One of the premier American vaudeville entertainers of his day, he appeared in the first motion picture with full sound.

YARD WASTE COLLECTION

The yard waste collection for Abington will take place from May 4 to May 8 on the regular collection day for all areas. Waste must be in leaf bags or barrels that are 30 gallons or less. NO PLASTIC BAGS!

MAY 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>June 2</i> <i>Pizza & Salad, Dessert, Beverage</i></p> <p><i>May 12, 10 am, Manage Blood Pressure program at Senior Center</i></p>	<p><i>May 2 Kentucky Derby</i> <i>May 3 Full Flower Moon</i> <i>May 8 President Truman born, 1884</i> <i>May 10 Mother's Day</i> <i>May 10 Paul Revere died 1818</i> <i>May 19 Jackie Onassis died 1994</i></p>	<p><i>May 24 Shavuot</i> <i>May 29 JFK was born 1917</i></p>	<p><i>Zodiac: Taurus/Gemini</i> <i>Flower: Lilly of the Valley</i> <i>Birthstone: Emerald</i></p>	<p><u>1</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p> <p><i>May Day</i></p>
<p><u>4</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><u>5</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Sloppy Joes, Rolls, Chips, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p> <p><i>Cinco de Mayo</i></p>	<p><u>6</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>7</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>8</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p> <p><i>VE Day</i></p>
<p><u>11</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><u>12</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Cold Cut Subs, Cheese, Lettuce, Tomatoes, Dessert, Beverage <u>12:30 WWII Show w/ Ruth Harcovitz</u> <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>13</u> <u>9:00 FOAS Meeting</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>14</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>15</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>10:00 Senator Keenan</u> <u>11:00 Tai Chi (\$5)</u></p> <p><i>May 16, Garden Club Plant Sale, Butterfly Park, 10am to 2pm</i></p>
<p><u>18</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p> <p><i><u>Victoria Day-Canada</u></i></p>	<p><u>19</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Macaroni & Cheese, Hot Dogs, Rolls, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u> <u>6:00pm COA meeting at Town Hall</u></p>	<p><u>20</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>21</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p> <p><i>Red Cross Founded, 1881</i></p>	<p><u>22</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p><u>25</u> SENIOR CENTER CLOSED</p> <p>MEMORIAL DAY</p> <p><i>Ralph Waldo Emerson born 1803</i></p>	<p><u>26</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Soup & Sandwich, Birthday Cake, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>27</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>28</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>29</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p>

TRAVEL OPPORTUNITIES

Twin River Casino, May 20, \$23, with \$10 casino comp and \$7 Food Coupon, \$23 per person.

Penn Dutch, May 21-23, great seats for "Joseph," guided Amish Country Tour, Chalk Talk with Artist Elva Hurst in her Studio, Admission to the lovely Longwood Gardens, \$398 per person, double occupancy.

Contact Rita Webster at 781-924-5531 for further information.

**MAY RECIPE**

Peaches & Cream Dessert: *submitted by Joanne Curtis*

1 can peach halves (any size)

1/8 tsp. cinnamon

1/4 tsp. nutmeg

1 pt. vanilla ice cream

1/2 cup light brown sugar, firmly packed

6 tbsps. corn flakes

1 tbsp. butter

Preheat oven to 375 degrees. Drain peaches, reserving ½ cup of liquid. Arrange peaches cut side up in an 8x8x2" baking pan, and add reserved liquid. Combine sugar, cinnamon, and nutmeg; sprinkle evenly over peaches. Top each peach half with 1 tbsp. corn flakes and a dot of butter. Bake for 15 minutes and serve warm topped with the vanilla ice cream.

**MAY CHUCKLE**

Reaching the end of a job interview, the Human Resources Officer asked a young Engineer fresh out of MIT, "And what starting salary were you looking for?" The Engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of 5-weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every 2 years say, a red Corvette?" The Engineer sits up straight and says, "Wow! Are you kidding?" And the interviewer replies, "Yeah, but you started it."

KITCHEN WISH LIST: Small paper plates, medium luncheon plates, 7" plates for Bingo

ROCKY MARCIANO

Rocky Marciano—the name is so familiar in these parts and memorialized all around Brockton, but here are some facts you may not know about this professional boxer and heavyweight champion. Rocco Francis Marchegiano was born September 1, 1923 in Brockton, Massachusetts to Italian immigrant parents. As a young boy, he worked out on homemade weights and did chin-ups till he was totally fatigued. He dropped out of school in 10th grade (Brockton High) and worked various blue collar jobs. Marciano was drafted into the



Army, where he represented his unit in a series of amateur fights. He took up boxing to avoid kitchen duty. He became a professional boxer in 1948 and went on to win his first sixteen fights as knockouts, all before the fifth round. During this time, a ring announcer in Rhode Island could not pronounce "Marchegiano," so at that time the name "Marciano" was chosen. Rocky married his childhood sweetheart in 1950; they had one child and adopted another. He faced his most powerful opponent, Joe Louis, who was also one of Marciano's idols. Rocky was so distraught at felling his hero that he cried in the champion's dressing room after the match. His last fight was on September 21, 1955 at Yankee Stadium where 400,000 viewers watched him knock out Archie Moore in the ninth round. He made the largest payday of his career, \$470,997. Seven months later, the 32-year-old boxer announced his retirement. Rocky Marciano died August 31, 1969, the eve of his 46th birthday. He was a passenger on a small private plane that tragically crashed due to bad visibility. A bronze statue of Marciano was unveiled on the grounds of Brockton High School on September 23, 2012, the 60th anniversary of Marciano's first championship victory. There's also a bronze statue of Marciano in Ripa Testina, Italy, birthplace of Marciano's father.

E WASTE DAY

The collection on April 4 filled 5 trucks with electrical discards (anything with a plug). Also, contributions to the Abington Food Pantry were plentiful, sending another full load there. Very successful day.

**FREE CONCERT—SONGS OF WORLD WAR II**

On Tuesday, May 12 at 12:30 PM, there will be a free concert featuring soprano Ruth Harcovitz singing WWII songs. The concert is sponsored in part by the Abington Cultural Council, a local agency, and the Massachusetts Cultural Council, a state agency, and the Abington COA. **All are welcome** to enjoy this performance by Ms. Harcovitz. Following the concert, refreshments will be served.

MAY SPORTS TRIVIA

May 6, 1915 — Babe Ruth hit his first home run as a player for the Boston Red Sox.

May 17, 1875 —First Kentucky Derby was held; the winner was "Aristides."

May 25, 1935 — Babe Ruth hit his 714th and last home run.

May 30, 1911 — First Indianapolis 500 Road Race was held.

**Abington COA
441 Summer Street
Abington, MA
02351**



Mute Swan

**Non-Profit
Organization
U.S Postage Paid
Abington, MA
Permit #26**

Miscellaneous

Line Dance Schedule: Dancing with Dotty Belanger at Abington Senior Center on 1st and 2nd Friday afternoons at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 508-746-0079 for more information.

Support Groups– Open to the Public– No Charge: Grief Counseling/Bereavement Group, Abington, meets once a month at the Library, 1st Thursday, 6:30 pm. For further info call 781-982-2139. Prostate Cancer Support Group, monthly, 3rd Wed., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café.

Food Pantry: St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary/Convent at St. Bridget's, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Richard McCollum, President; Beverly Hartery, Vice-President; Thomas Bates, Treasurer; Lorraine Leventuk, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informer Newsletter Staff: Marie Brown, Joanne Curtis, Lorraine Leventuk, Carol Najarian, Betty Slinger, Maureen Wall.

Answer to puzzle on page 4: 22 ½ miles. Russell walks for 10 miles at 4mph, taking 2 ½ hours. Spot is running for 2 ½ hours at 9mph, which means he covers 22 ½ miles.

—Some information for various articles was taken from internet sources.

FOR THE BIRDS



You may have seen us back at Island Grove. We are called Mute Swans. We are looking for a habitat along the water's edge with dense vegetation, and our nest will be on the ground in a secluded area. We are preparing for the eggs to be laid in May. Incubation period is 35-36 days and clutch size is usually 5 to 7 eggs. When hatched, and our young are raised, our fledglings leave the nest when the climate is most favorable and food is plentiful. We mate for life. We have a notoriously short fuse, especially during the nesting season, so be careful. We'll use our powerful wings and beaks as weapons. As in the human world, we take all means to protect our young.

I believe that our Heavenly Father invented man because he was disappointed in the monkey. —Mark Twain